



Meeting Your Needs. At Home. At Sea.

January/February/March 2007

Navy Hotline To Assist IA Families During Deployments

By Mass Communication Specialist Seaman Katrina Parker, Navy Expeditionary Combat Command

The Expeditionary Combat readiness Command (ECRC) headquartered at Amphibious Base Little Creek, Norfolk, Va., has established a hotline for active duty and reserve Sailor's families on Individual Augmentee (IA) orders. The toll free phone number is 877-364-4302.

This phone number allows IA family members a way to find the information or resources they may need while their Sailors are deployed.

Karyn Stancey, the wife of an IA, feels the ECRC will benefit family members. "When I read that ECRC was created specifically to meet the needs of IAs and their families, I thought, 'what a great idea'," Stancey said. "It's reassuring just knowing someone is there to help you if you need it or point you in the right direction."

The ECRC hotline aims to alleviate the stress IA family members may experience. "We want to be that conduit where a family member can contact us and we can get them in touch with the group or organization that can provide the support they need," said Cmdr. Laura Leigh Venable, ECRC's executive officer.

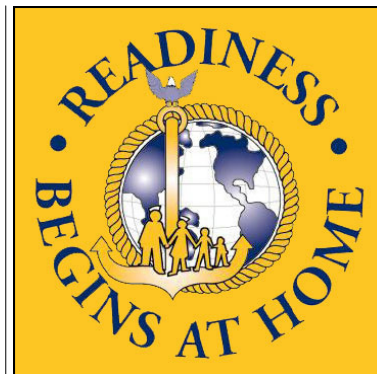
With the unique deployments Navy IA Sailors and their families may face, Venable said it is important for family members to know where they can go for help. Unlike a ship or squadron deployment, an IA may come from an area without fleet concentration. This could make it difficult for their families to find the resources and information they need.

"Bottom Line is, even though the Navy is doing new missions and in different ways than we've done it in the past by having IAs from multiple commands, the Navy is still going to care for its

family members the way it always has," Venable said. "The Navy is trying very hard to take care of the entire Sailor. The way to do that is by letting the Sailor know their families are going to be cared for while they're deployed."

The ECRC also plans to establish a web site designed specifically for IAs and their families. "We don't want to miss one of those family members," Venable said. "We want to make sure they know that even though their Sailor is off, they still have that feeling of belonging and we will continue to take care of our family members."

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INSIDE THIS ISSUE:

MILITARY MOVES	2
DISASTER PREPAREDNESS	3
ANGER MANAGEMENT	4
COMMUNICATING AS A COUPLE	5
CLASS DESCRIPTIONS	6
CONSOLIDATING DEBT	7



WEB SITE SEEKS TO MAKE MILITARY MOVES EASIER

By Samantha L. Quigley, American Forces Press Service

From experience comes expertise, and Dan Kissinger and his father, Dale, have plenty of both when it comes to military moves. Dale Kissinger, a retired Air Force colonel, and his family made 18 moves that included 14 states and three countries. All of that moving added up to 19 different schools for Dan. Those experiences prompted him to launch MilitaryAvenue.com, a free web site.

The site is designed to help make moving easier for members of the military community. "With all the different moves that I came across, and saw all the stress and frustration of my parents, it was apparent that a web site like this could really become useful," Dan said. "Our goal is to combine inside-the-gate information with outside-the-gate information and put it on this web site so military families and military members can find it."

The site, with headquarters in Grand Rapids, Mich., allows service members to select their service and locate local business listings for their

current and future installations. Those businesses include anything from restaurants and entertainment to everyday necessities such as pharmacies.

The web site has information on 218 military installations in the continental United States, Alaska and Hawaii. The Kissingers see that expanding to include U.S. overseas bases as the site develops. Additionally, MilitaryAvenue.com is offering businesses surrounding a U.S. base free advertising for offering military personnel and their families a discount. "We want to have the largest database of military discounts so that military people know," Dale said.

The Kissingers said that they are hoping to provide employment for some military spouses, with jobs that are portable from installation to installation. As the site develops, Dan explained, representatives will be needed at each base to ensure that the information posted about each installation is current.

Reprinted from Lifelines Service
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SMOOTH MOVE WORKSHOP

JANUARY 11, 2007

1400-1700

CNM FFSC BLDG 106

Learn the ins and outs of your entitlements and allowances to make your move a smooth one. Recommended for those PCSing in the next six months.

For more information or to register call FFSC at
333-2056/57



COMMAND SPONSORSHIP WORKSHOP

MARCH 15, 2007

1700-1900

CNM FFSC BLDG 106

Designed to provide specific guidelines and information to Command Sponsor Coordinators and to those assigned as sponsors.

For more information or to register call FFSC at 333-2056/57

DISASTER PREPAREDNESS: WHAT YOU NEED TO KNOW

By Jennifer Hochlan for Lifelines

If you never go through a hurricane, earthquake, fire or flood, consider yourself lucky. No matter where we live in the world, Mother Nature looms over us. In times of natural disaster, the last thing you want to be thinking about is what you should have done. If nothing else, your preparation will give you peace of mind, protect your family, and ensure their safety.

Can You Survive for three Days?

The common rule of thumb is to prepare to rough it for three days (plan a week if you can) following most disasters. Emergency personnel will be busy handling the crisis at hand. You must learn to be self-sufficient. Often, phone, gas or electric service is shut off or damaged during emergencies. Following is a general list of items you should have on hand. For more specific information to your area, please contact your local Fire Department or the Federal Emergency Management Agency (FEMA).

Non-perishable items that you can consume without heat are best.

Don't forget to pack a non-electrical can opener. Store enough water so that each person in your family has a gallon a day.

Store a three-to-five-day supply of any medications your family members may require. Note on your calendar to check them regularly for expiration. Use up those that are close to expiring and substitute newer ones. Because telephone service may be out, keep a radio with you. This may be your best source of information on what is going on in your area. Also store extra blankets, clothing and shoes for all members of your family. Have a portable tool kit handy for emergencies. Have enough money to get you through a few days of basic living.

Not all disasters that strike affect a community at large. Sometimes the disaster happens only to your family, such as a house fire. Keep copies of important documents someplace other than your home—a safe deposit box or a relative's home.

Certain emergencies and situations may lead to a community evacuation, so learn the preferred

evacuation route and destination in advance. Every military installation has a specific evacuation route for all areas on base.

Make sure all members of your family know the following:

- Where to reunite if separated during an emergency.
- Whom to call (outside of the area) to check in when phone service becomes available.
- Their personal information. Make ID cards for children that have their name, address, medications and allergies. It's also good to include the emergency contact person on the card.
- Who will be able to pick up children at school or daycare and take them to the pre-assigned reunion site.

The American Red Cross has a program called **Armed Forces Emergency Services** that helps active-duty service members and families get information during emergencies.

Reprinted from Lifelines Service Network



DISASTER PREPAREDNESS

JANUARY 10, 2007

1100-1200

CNM FFSC BLDG 106



NO MATTER WHAT YOUR DISASTER MAY BE.....BE PREPARED!

For more information or to register call FFSC at 333-2056

ANGER: NEGATIVE ENERGY AND ITS HARMFUL EFFECTS

You may not actually “blow your top” or “see red”, but there are some very real physical symptoms of anger. When you are angry, adrenaline and other chemicals pour into your blood stream, causing your pulse to rise and your blood pressure to go up. In severe cases, the adrenaline begins to shut down the frontal lobe of your brain—the part that allows you to reason. You may feel hot, turn red, or feel your hands or body shake. The response is as natural as hunger pangs or sweating. Your body senses a threat and prepares for action by increasing your energy level. The threat may be real or imagined. It can be a physical threat or a threat to your ego. The energy boost you get from this sudden dump of adrenaline can be harmful to your body and lead to health problems if you don’t learn to manage it. Unmanaged anger can also end in violence.

Recognize Your Anger

Some people learn to recognize their anger and deal with it from a very early age. Others do not. They have to make a conscious effort as adults to change the way they behave when faced with frustration, hurt, annoyance and other causes of anger.

The trick is to recognize that you are angry, figure out why you are angry, and make a rational decision about what to do. In other words, find a way to switch gears in your brain so that the “thinking” side is in control, rather than the “feeling” side.

Switching gears may be easier said than done. You may need to get away from the situation to cool off. Physical exercise, deep breathing, or taking time to enjoy a hobby or watch TV may help you get in your right mind. Once you are calm, you are ready to resolve the conflict.

Anger Management Tips

- Use a calm voice. Shouting seldom leads to solutions.
- Be assertive, but not aggressive. Make sure you say what you need to say, but take time to listen, as well.
- Name calling and accusations only escalate the fight. Choose your words carefully.
- Negotiate and compromise. Try to meet in the middle.

Sulking in silence or ignoring a problem is no better than blowing up. Your body is still producing harmful adrenaline and the problem will not magically go away. Unexpressed anger can lead to physical ailments, such as ulcers and migraine headaches.

When It’s Not You

Maybe someone around you cannot manage his or her anger. When dealing with a hot head, be sure to keep your cool. Don’t make the situation worse by answering anger with anger. Try being a good listener or using a little humor. Encourage a hot head to talk privately about the situation. A private setting may allow someone with a big ego more room to back down and save face.

If someone is clearly out of control or approaching violence, get help. Don’t take chances with your own safety.

Anger is a natural human response. When we learn how to recognize and manage the energy it creates, we improve our lives and the lives of those around us.

By Donna Hesterman

Reprinted from Lifelines Service Network



ANGER MANAGEMENT

JANUARY 19, 2007

1630—1830

CNM FFSC BLDG 106

Learn methods to effectively control and manage your anger by learning to recognize the source and impact of these emotions.

For more information or to register call FFSC at 333-2056/57

COMMUNICATING AS A COUPLE

Reprinted from Military One Source

Learning to communicate well is one of the most important things any couple can do. Poor communication is the number one complaint of couples who split up, and it can make life much more difficult for those who stay together. You might try these ways of strengthening your communication skills:

- *Make time to talk to each other.* Try to spend some time each day talking to each other - over a meal, after work, or before bed. One study found that just talking for as little as 15 minutes a day can help keep a relationship strong. If you are deployed, this can be a challenge. Discuss options and, if possible, set regularly scheduled times to talk by phone, or through a computer hook-up, instead of face-to-face.
- *Share your thoughts and feelings.* One of the joys of being part of a couple is having someone with whom you can share your deepest thoughts and feelings. But after a while, you may fall into a rut. You may seem to talk only about things such as what to have for dinner or watch on television. If this happens, make an extra effort to talk about the things that matter most to you—the joys and sorrows you can't share with anybody else. If you're still having trouble, try taking normal conversations a step further. Talk about what you think about a story in the news or how your work makes you feel.
- *Listen carefully.* Good communication involves not just speaking

clearly but listening closely. This kind of "active listening" means giving a conversation your full attention and not interrupting. When you are talking about something important, turn off the television or radio and let an answering machine pick up the phone calls.

- *Show that you understand what you've heard.* It's important not just to listen, but to make it clear that you've heard what the other person is telling you. You can do this by reflecting back what you've heard through phrases like, "So what you're saying is....", or "I want to make sure I understand you correctly. You feel...". This way your spouse will know that you are truly listening to the conversation. Don't give advice or try to solve problems unless you are asked.
- *Offer frequent praise, support, and encouragement.* Studies have shown that couples who stay together make many more positive comments to each other than negative ones. You might try to find something to praise every day, even if you've said similar things before.

**COUPLES
COMMUNICATION
MARCH 13, 2007**

**1700—1900
CNM FFSC BLDG 106**

**For more information or to
register for the class, call
FFSC at 333-2056/57**

TRANSITION ASSISTANCE PROGRAM (TAP)

JANUARY 8-12, 2007

**FEBRUARY 12-16,
2007**

MARCH 12-16, 2007

0800-1600

CNM

Developed to assist service members making the change from military to civilian life, by transferring military experiences into a worthwhile career choice.

For more information contact your Command Career Counselor or call FFSC at 333-2056/57



CLASS DESCRIPTIONS

Transition Assistance Program (TAP)

0800-1600 CNM Chapel

Jan 8-12/Feb 12-16/Mar 12-16

Will prepare service members to analyze their skills and experiences, identify needs and goals, conduct a successful job search, and obtain information on their VA benefits.

Disaster Preparedness

1100-1200 FFSC Bldg 106

Jan 10

A look at natural disasters commonly experienced on Guam. Learn helpful hints in preparing before, during and after storms, in addition to filing claims for damages incurred by a disaster, suggestions on what should be in your disaster locker and what to do for each Condition of Readiness.

Systematic Training for Effective Parenting (STEP) of Teens

1630-1830 FFSC Bldg 106

Jan 10-12

A 3 day workshop to provide parents and caregivers with a realistic and practical approach to meeting the challenges of raising children today.

Smooth Move Workshop

1400-1700 FFSC Bldg 106

Jan 11

A workshop for personnel PCSing within 6-12 months. Workshop covers entitlements, shipping of personal property, clearing housing (on/off base), emotional cycles of relocation, and FFSC programs and services available to those moving.

SAVI Awareness Workshop: "Cycle of Violence"

1400-1500 FFSC Bldg 106

Jan 17

This program is a one hour class, discussing the cycle of violence that occurs when children grow up in abusive homes and then become adult sexual assault offenders.

Anger Management

1630-1830 FFSC Bldg 106

Jan 19

Learn methods to effectively control and manage your anger by learning to recognize the source and impact of your emotions.

Career Options & Navy Skills Evaluation Program (CONSEP) Mid-Term

0800-1600 CNM

Jan 22-25

A lifecycle approach to transition education for mid-term sailors.

Welcome To Guam Orientation & Island Tour

0800-1630 CNM

Jan 25 & 26/Mar 29 & 30

Two days of fun filled information and facts service members and their families should know about Guam. Day two will be a bus tour of the island.

SAVI CDO Training

1000-1200 CNM

Feb 7

A 2 hour course which provides Command Duty Officers with standardized, essential instruction in order to offer effective support and services to victims of rape and sexual assault in their respective commands.

It's Your Move (Savings & Investing)

0830-1630 CNM

Feb 15

Learn how to save and invest effectively to achieve your financial goals. Topics include: difference between saving & investing, elements of a sound savings plan, difference between equity and debt, the four saving & investing techniques and the availability of financial resources.

Written Marketing Tools

1100-1300 FFSC Bldg 106

Feb 21

This workshop provides information about completing job applications, developing effective resumes and cover letters, using electronic communication, and following up on resumes.

Stress Management

1300-1500 FFSC Bldg 106

Feb 23

This class provides members and/or their families with resources to better cope with stress; informs participants on the sources of stress and how it impacts many areas of a person's life.

Command Sponsor Training

1700-1900 FFSC Bldg 106

Mar 15

Designed to provide specific guidelines and information to Command Sponsor Coordinators or those designated as sponsors.

Marketing Yourself

1300-1500 FFSC Bldg 106

Mar 7

Participants will learn how to network, conduct informational interviews, and develop successful telephone skills. A key part of this workshop is the development of participants' thirty-second commercial.

Couples Communication

1700-1900 FFSC Bldg 106

Mar 13

This 2 hour workshop focuses on developing protective factors while reducing risk factors for marital discord, including, but not limited to, domestic violence.

SAVI Awareness Workshop: "Internet Predators"

1000-1100 FFSC Bldg 106

Mar 21

This program is a one hour class to help educate adults on internet predators and home safety. Participants will review the history behind internet safety issues and learn current statistics on how to protect their homes and children from predators.

ALL CLASSES ARE SUBJECT TO CHANGE.

FOR MORE INFORMATION OR TO REGISTER CALL:

FFSC AT

333-2056/57

MON-FRI

0730-1630



CONSOLIDATING DEBT: PAINFUL PITFALLS CAN LURK IN THE FINE PRINT

By Kelli Kirwan for Lifelines

Good personal financial management is not something you're born knowing, but it is something you can learn. Sailors often get financially tangled up early in their careers and spend the rest of their time in the Navy trying to fight their way out of the web of debt and bad decisions. Sometimes debt consolidation seems like the only choice, but debt consolidation companies should be viewed as a last resort before bankruptcy.

Command Financial Specialist

The first line of defense for Sailors when it comes to financial planning, problem solving, and education is their command financial specialist (CFS). Each command has a trained CFS that can help Sailors learn to budget, use credit to their benefit, and learn about investment options, such as the Thrift Savings Plan (TSP). The CFS can help Sailors on everything from purchasing a vehicle to becoming debt free.

Cleaning up your credit and improving your financial position is possible. Sailors have the option

to visit the nearest Fleet and Family Support Center (FFSC) and talk one-on-one with a financial educator. Financial educators can teach good money management and also help guide Sailors and their families through existing financial difficulties.

It's Not Too Late

It's never too late to start building a better financial future. With sound financial decisions you can create a solid financial future for you and your family.

**IT'S YOUR MOVE—
SAVINGS &
INVESTING**

FEBRUARY 15, 2007

0830-1630

CNM

**For more information or to
register for class, call FFSC at
333-2056/57**

Military Onesource

**Serving the American Military
and Their Families.**



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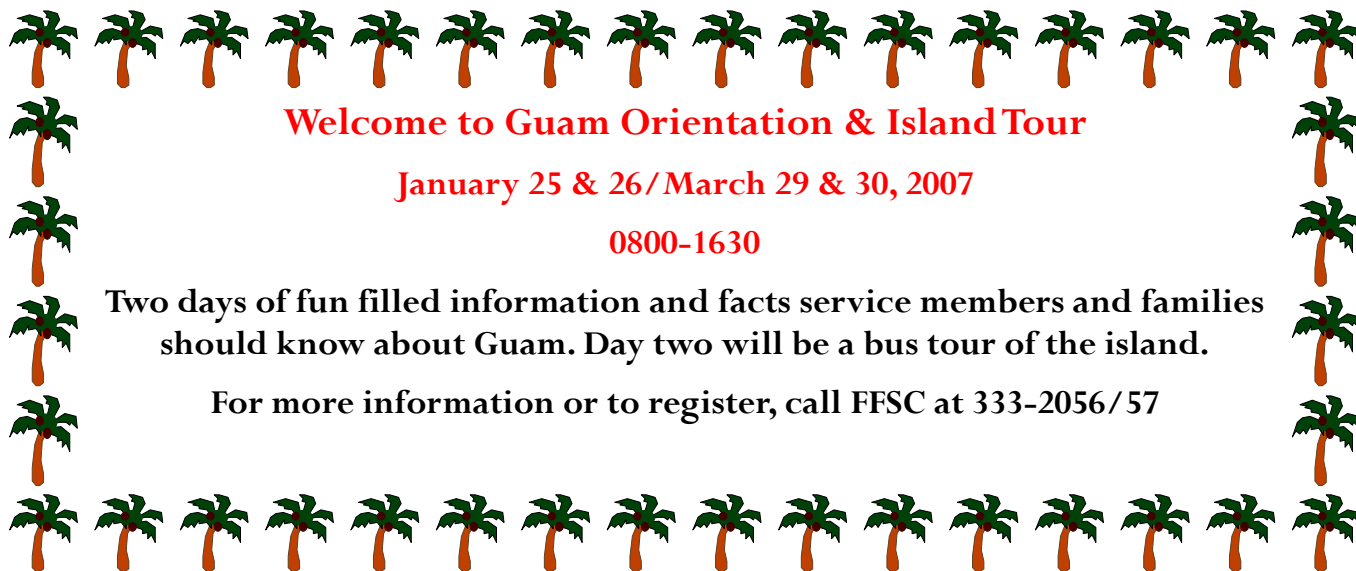
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Welcome to Guam Orientation & Island Tour

January 25 & 26 / March 29 & 30, 2007

0800-1630

**Two days of fun filled information and facts service members and families
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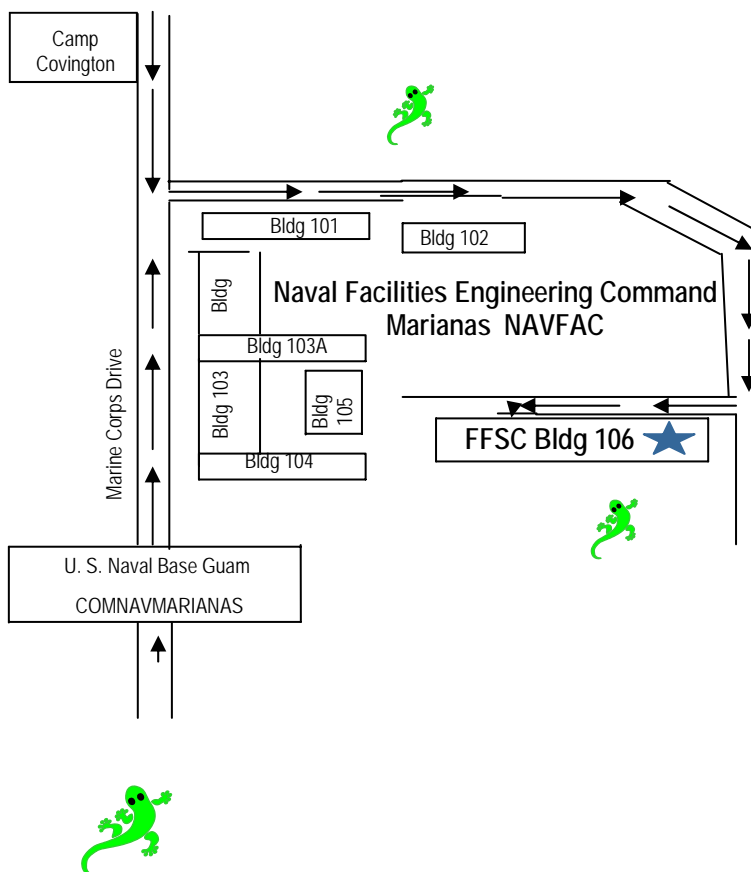
Fleet and Family Support Center, Guam
PSC 455 Box 157
FPO AP 96540-1157

Phone: 671-333-2056/57/58/59
Fax: 671-333-2023
Email: ffscguam@guam.navy.mil

WE'RE ON THE WEB
WWW.GUAM.NAVY.MIL/FFSC



**Fleet and Family
Support Center, Guam**



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January

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February

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March

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